

ABSTRACT

A biological rhythm is adjusted based on a time difference as well while individually dealing with moving subjects that move in accordance with moving 5 schedules. In step S1, information including the moving schedule and biological information on the moving subject is input. In step S2, a sleeping schedule is set based on the information obtained in step S1. Step S2 is roughly divided into two steps. In the first step, parameters for setting the sleeping schedule are set based on the moving schedule and the biological information. In the next step, the sleeping schedule is set 10 with the parameters obtained in the first step.